

Blueberries aren't just delicious—
they're good for your heart, too.



For anyone stuck in the misguided notion that eating for good health means sacrificing flavor, we have one word for you: blueberries. We know that these vibrant berries offer nutrients galore, with vitamins like C along with an array of beneficial phytochemicals, including anthocyanins. A new study adds to the evidence that blueberries may support heart health, not just as prevention but also to help lower existing risk factors. In the study, a group of people who were overweight and had metabolic syndrome (characterized by high blood pressure and blood sugar, abdominal obesity, high triglycerides, and low “good” cholesterol) ate blueberries daily for six months. Compared with the control group, the blueberry eaters’ blood vessels and arteries were in better condition at the end of the study, to the tune of a 12 to 15 percent lower risk of heart disease. To get the therapeutic benefits of blueberries, aim for about a cup of blueberries daily. Add them to oatmeal, smoothies, and salads, or just enjoy a handful (or two!) as a snack. Build out the rest of your heart-healthy diet by limiting sugar and other refined carbohydrates and putting a rainbow of other fruits, vegetables, and herbs, fiber-rich beans and lentils, fatty fish like salmon, and nuts on your weekly menu.

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